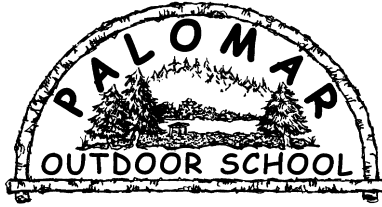


**PARENT/
GUARDIAN
PACKET**

SAN DIEGO UNIFIED SCHOOL DISTRICT
OFFICE OF INSTRUCTIONAL SUPPORT
SCIENCE DEPARTMENT



19452 State Park Rd. – P.O. Box 159, Palomar Mountain, CA 92060
Phone (760) 742 – 3270 FAX (760) 742 – 2126 E-mail grose@sandi.net

Parent/Guardian Information

Date Scheduled To Attend Palomar _____

The Palomar Race/Human Relation Outdoor Education Program (<http://www.sandi.net/Palomar>) offers sixth grade students in San Diego City Schools an opportunity to spend four days and three nights at the Palomar Outdoor School located on Palomar Mountain. (Elevation of 5,000 feet). The program is the culminating year of a three-year curriculum focused on diversity and integration through the OCILE (Off Campus Integrated Learning Experience) program (<http://www.sandi.net/OCILE>). It provides students with the unique experience of living in a fully integrated safe environment away from home. The program teaches five key concepts (Identity, Culture, Diversity, Conflict Resolution and Awareness of Prejudice and Discrimination) and provides opportunities to apply these concepts to “real life” situations.

Palomar Mountain provides a natural environment for student exploration and investigation. This unique outdoor laboratory is the perfect setting to incorporate Race/Human Relations with science, history and cultural awareness. The program curriculum comes to life through activities such as hiking, pond biology and fire making. The interactive outdoor learning experiences help students to appreciate and respect nature and understand their relationship to it.

Students have adult supervision during their visit to Palomar Outdoor School. The staff consists of an administrator, one office manager, two registered credentialed school nurses, six credentialed teachers, educational assistants and teachers from your child’s school. Nutritious, well-prepared meals are served three times a day. Students with special diet needs (severe allergies, diabetic snacks, religious, etc.) should bring food. The heated cabins are equipped with beds, mattresses and bathroom/shower facilities. Students are expected to make beds, care for their clothing, set and clean dining tables and complete daily living chores.

Palomar Outdoor School has been in existence since 1947. The curriculum focuses on science and character development. Attending “sixth grade camp” has become a tradition in the San Diego Community. Students live with, learn from and befriend others with whom they would not ordinarily interact. This invaluable life experience fosters independence and helps prepare students to live and thrive in a multi-cultural society.

Students may not make or receive phone calls. In the event of severe unrelenting homesickness, the Palomar school nurse will contact the student’s parent/guardian.

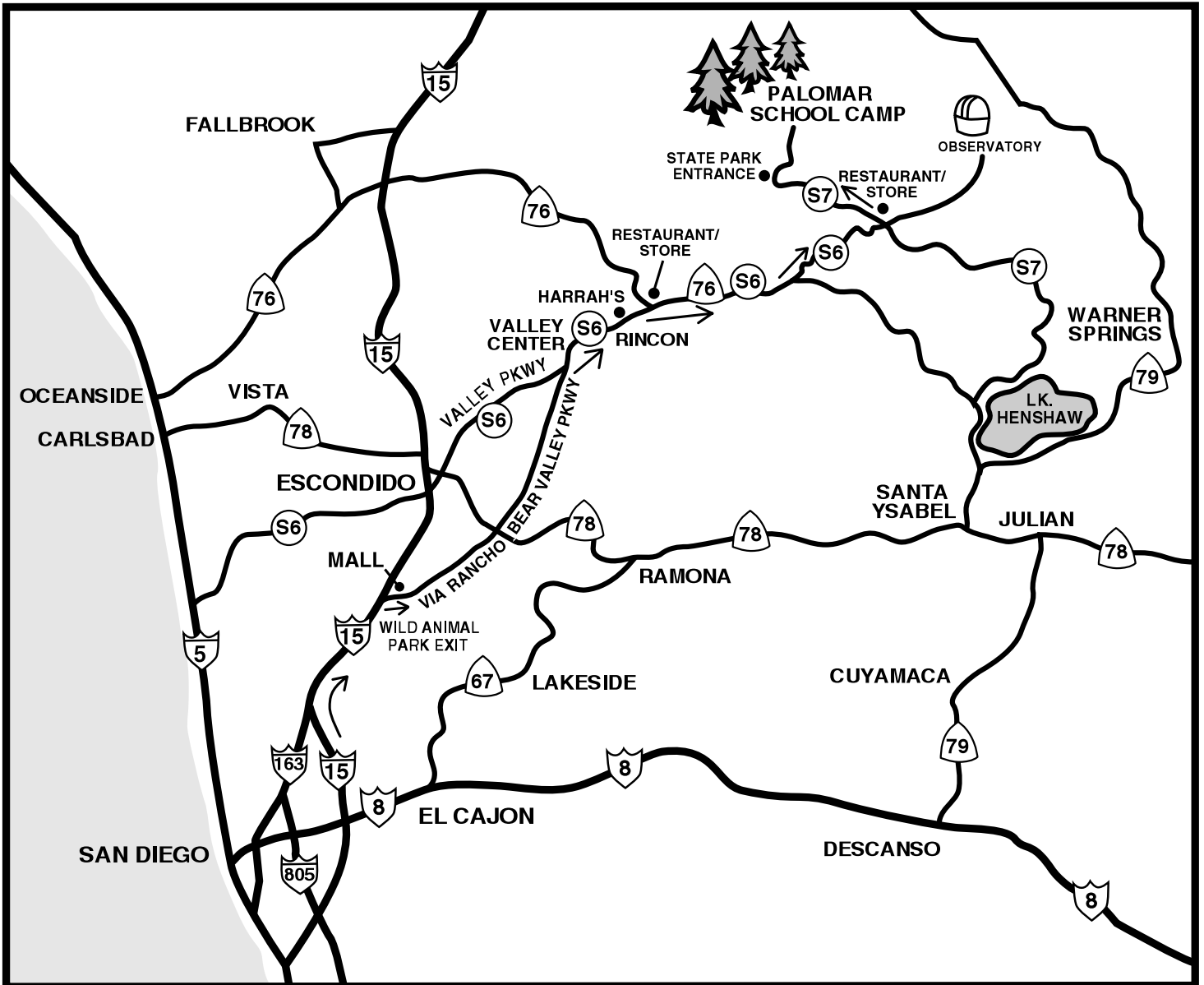
Safety, respect and responsibility are emphasized in this program. We are confident that students will conduct themselves in a mature and responsible manner as representatives of their schools.

Please note, **should a student need to be sent home for health or discipline reasons the parent/guardian is responsible to pick up his/her child at the Palomar Outdoor School anytime day or night.** Prepare ahead of time to have available transportation to pick up your child for health or behavior concerns.

We are having **4-day sessions this year.** Students will arrive at their school approximately 6:00pm on Thursday (Friday approximately 1:00pm if Monday is a holiday). **Parents/guardians will need to pick up students at their schools on Thursday,** as there will be no bus transportation home.

Please review this packet, **complete Form A and Form B and return them to your child’s teacher.**

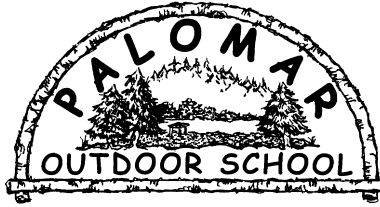
DIRECTIONS TO PALOMAR OUTDOOR SCHOOL



- Take I-15 north to Via Rancho Pkwy exit (Wild Animal Park exit)
Via Rancho Pkwy becomes Bear Valley Pkwy
- Turn right on Valley Pkwy and continue on S-6 through Valley Center (Valley Center Road), then through Rincon, past Harrah's
- When S-6 and S-76 join, turn right and continue uphill past groves and nurseries (about 4-5 miles)
- At the S-6 and S-76 split at the bottom of Palomar Mountain, go left on S-6 and continue on winding road until you reach the top of the mountain (about 11 miles)

- Turn left on East Grade Road
- Immediately turn left on S-7 (S-7 is State Park Road) and continue to the State Park entrance
- If a Ranger is at the station, tell them you are going to the Sixth Grade School Camp (there will be no entry fee)
- Continue into State Park and follow signs to the School Camp and Doane Pond

Please check in at the Nurse's Office when you arrive



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Clothing and Equipment

- Please mark name on all items of clothing and equipment.
- Due to limited space, your child can bring one suitcase or duffle bag; one sleeping bag and pillow. Beds and mattresses are provided in heated cabins.
- Winter weather at Palomar can mean sub-freezing temperatures, wind, rain and sometimes snow. Your child should bring a warm jacket, hat and gloves. Send rain gear and boots if you have them.
- Do not purchase new clothing, unless necessary. Experience has shown that comfortable old clothing is more satisfactory.

DO NOT BRING:

money	knives	watches	hairspray	blow dryers
food (except Special Diet)	hatchets	jewelry	shampoo	aerosol cans
candy/gum	matches	cell phones	make-up	flashlights
	markers	electronics	curling irons	

Please do not send any valuables to Palomar with your child.

THE FOLLOWING CLOTHING IS NOT PERMITTED:

tank-tops	spaghetti straps	bare midriffs	low-cut or sleeveless tops	
shorts	capri pants	dresses	skirts	gang attire

WHAT TO BRING: (* items are optional)

BEDDING:

sleeping bag or 2 blankets and a sheet
bath towels (2)
wash cloth
pillow/pillow case

TOILET ARTICLES:

toothbrush/toothpaste
soap
comb or brush
chapstick
sunscreen
deodorant
*shower shoes/cap
*personal sanitary supplies

FOOD:

Special Diet (diabetic snacks, severe allergies, religious etc.)

Palomar Outdoor School is a nut and peanut free campus

NOTE: Layering two or three shirts or sweaters plus a light jacket also works well to keep warm. Limited clothing is available for loan.

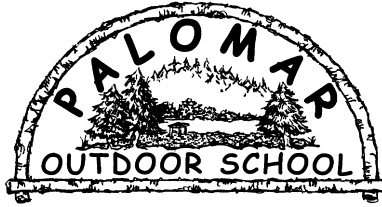
The Palomar staff will make every effort to assure that personal items stay with the owner; however, the district accepts no responsibility for lost or stolen items.

CLOTHING:

light, long sleeved shirt/jacket
heavy jacket or coat
heavy sweater/sweatshirt
comfortable shoes for walking/hiking (2)
long pants/belt (2-4)
T-shirts with sleeves (4)
underwear (4)
socks that cover ankles (6-8 prs.)
hat – baseball type
sleepwear
*slippers
*bathrobe

EQUIPMENT/STATIONERY:

water bottle (recommended year round)
book for own reading
*camera (disposable)
*stamped postcards or envelopes



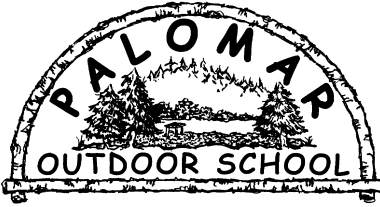
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Health Information and Medications

There is a full time registered credentialed school nurse on site to attend to the physical and emotional needs of each individual student. Palomar Outdoor School is located at an elevation of 5000 feet and is a one-hour drive to the nearest hospital. By planning with the family, school-site staff and the Palomar school nurses, most children with special needs are able to attend this program. (Individuals with Sickle Cell Anemia are the exception.) To allow for this planning, **student information needs to be submitted three weeks prior to attending.**

- Complete the **Health Form A**. Include detailed information on severe allergies, emotion/behavioral needs, diabetes, special education concerns, or any specific/unique needs that will assist us in the care of your child.
- Complete the **Authorization Form B**. **Your signature is required for your child to attend the Palomar Outdoor School.** Your child cannot be treated for illness or injury without your signature unless it is “life threatening”.
- All medications must be given to the student’s school site nurse prior to leaving for camp. Each medication is to be in the pharmaceutical container with the label showing:
 - Student’s name (not a relative’s)
 - Name of medicine – separate, original container for each medicine
 - Correct dosage and frequency of administration
- No medication is to be sent with the student or in their luggage.
- Over the counter/non-prescription medications are available at the Palomar Outdoor School and administered on as needed basis per Palomar Outdoor School protocol. (See Health Form).
- Students with special education and/or 504 needs are accommodated at Palomar Outdoor School. These needs can be discussed with your child’s teacher and/or school nurse.
- Students with special dietary needs (severe allergies, diabetic snacks, religious, etc.) are encouraged to bring their own food. **Nut and peanut products are not allowed.** Contact Chef Glenn at (760) 742-2128 to discuss further questions.
- The district provides supplemental insurance for students attending Palomar. Claim forms are available from the Palomar Outdoor School (760) 742-3270.
- **Should a student need to be sent home for health or discipline reasons the parent/guardian is responsible to pick up his/her child at the Palomar Outdoor School any time of day or night.**
- Prepare ahead of time to have available transportation to pick up your child for health or behavior concerns.

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STUDENT INSURANCE

Student insurance is supplemental to the parent or legal guardian's own personal insurance coverage and there is a \$25 deductible. It is provided by San Diego Unified School District for each student participating in the Palomar Outdoor Education Program.

The school insurance will cover the cost for all campers if parents do not have insurance or if parents' insurance does not cover the total cost.

The student insurance, obtained through Bolton & Company, provides the following maximum coverage:

- \$10,000 maximum for accidental death
- \$10,000 maximum for accidental dismemberment
- \$25,000 maximum for catastrophe
- \$3,500 maximum accidental medical expense
- \$1,000 maximum sickness expense. Must be at Palomar four days or more.
- \$3,000 maximum for specified disease

Travel time directly to and from Palomar is included in the coverage.

Claim forms are available from Palomar Outdoor School (760) 742-3270.

Any further information regarding the student insurance program may be obtained by contacting:

Bolton & Company
Attention: Accident Health Department
1100 El Centro Street
South Pasadena, CA 91030:
Telephone: (626) 799-7000
Fax: (626) 441-3233.

PALOMAR OUTDOOR SCHOOL

		/ /			A
STUDENT LAST NAME	FIRST NAME	BIRTHDATE	SEX (M/F)	SCHOOL	FORM
				WEEK OF ATTENDANCE	

HEALTH FORM NECESSARY FOR CHILD'S PROTECTION AND CARE:

Please check any conditions that apply to your child:

<input type="checkbox"/> Asthma <input type="checkbox"/> Bee sting allergy <input type="checkbox"/> Insect bite allergy <input type="checkbox"/> Food allergy <input type="checkbox"/> Medication allergy <input type="checkbox"/> Other allergy <input type="checkbox"/> ADD/ADHD <input type="checkbox"/> Food Exclusion	<input type="checkbox"/> Special education services <input type="checkbox"/> Bedwetting <input type="checkbox"/> Bowel problems <input type="checkbox"/> Frequent headaches <input type="checkbox"/> Emotional/behavioral concern <input type="checkbox"/> Epilepsy/seizure disorder <input type="checkbox"/> Diabetes <input type="checkbox"/> Sleepwalking	<input type="checkbox"/> Back sprain/injury <input type="checkbox"/> Heart condition <input type="checkbox"/> Recent broken bone/sprain Date _____ <input type="checkbox"/> Recent surgery Date _____ <input type="checkbox"/> Other: _____
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Briefly explain above marked condition(s) _____

If your child has **ASTHMA** and is prescribed an inhaler/medication, **PLEASE SEND THE MEDICATION**, even if he/she has had no problems in several years. We are located at 5000 feet, where numerous triggers (pollen, dust, extreme weather changes) can cause an asthma episode. We are one hour from the nearest hospital. The school nurse will closely supervise the use of inhalers.

MEDICATION SENT FROM HOME:

- Medication is given with parent permission.
- All medications, including inhalers, are kept in the health office. Inhalers are available in the cabin overnight and on all out of camp activities.
- All medication must be clearly labeled with the student's name, medication name, precise dosage instructions and in the original container.
- If your child requires an injection of adrenalin (EPI-PEN) due to a severe allergic reaction, the medication should be sent to camp labeled by the pharmacy, with full instructions.

LIST ALL MEDICATIONS BEING SENT TO CAMP:

Bring all medications to school nurse one week before camp attendance.

NAME OF MEDICATION	PURPOSE	DOSAGE	WHEN TO BE GIVEN	SPECIAL INSTRUCTIONS

NONPRESCRIPTION MEDICATIONS AVAILABLE AT CAMP:

It is not necessary to send Tylenol or the following common "over the counter" medications to camp.

Acetaminophen (Tylenol)	Chloraseptic spray	Metamucil/fiber tabs	Sudafed
Antibiotic ointment	Chlorpheniramine	Mylanta	Tums
Benadryl tabs	Dramamine	Pepto-Bismol	Vitamin C
Benadryl cream/gel	Hydrocortisone cream 1%	Robitussin DM	Ibuprofen (Advil)

Listed "over the counter" medications are administered on an as needed basis per school nurse protocol at camp.

If your child cannot tolerate any of the above medications, please state _____

I have read and completed this health form. I authorize the school nurse to dispense to my child the medications listed above.
 Parent/Guardian signature _____ Date _____

School Nurse Comments/Signature: _____

PALOMAR OUTDOOR SCHOOL

STUDENT LAST NAME

FIRST NAME

BIRTHDATE

SEX (M/F)

SCHOOL

FORM

WEEK OF ATTENDANCE

Authorization Form

Parent/Guardian Name _____

Parent/Guardian Name _____

Address _____

Address _____

Home Phone _____

Home Phone _____

Cell/Work Phone _____

Cell/Work Phone _____

If you cannot be located in Case of Emergency, Whom Should We Call?

Name _____

Home Phone _____

Cell/Work Phone _____

I understand that participation in the Outdoor Education Program at Palomar is voluntary. Supplemental insurance coverage is provided by the school district.

I am also aware of the provisions of Educational Code 35330 which states, in part, that "...all persons making the field trip or excursion shall be deemed to have waived all claims against the district or the State of California for injury, accident, illness, or death occurring during or by reason of the field trip or excursion..." With the foregoing in mind, I authorize my above-named child to participate in the program as described in the letter to the parents, which I received.

I understand that my child will be transported from his/her school to the Palomar site for the week of program participation. Bus transportation will be provided through the SDUSD.

The staff at Palomar will make every effort to assure that clothing, bedding, and personal items stay with the owner; however, the district accepts no responsibility for lost or stolen items. Please do not send any valuables to Palomar with your child.

I understand my responsibility to make transportation arrangements to come and pick up my child at Palomar at any time - day or night - and take him/her home for health or discipline needs. Serious violations of school rules may result in dismissal from the program.

If it becomes necessary to provide emergency medical care for the above-named student due to accident or illness, such care may be provided without further consent of parent/guardian. I personally assume responsibility for any costs of such care.

I also understand that I will be responsible for picking up my child at the school he/she attends. No additional bus transportation will be provided. This includes Special Education students.

I have read the above terms and conditions and agree to the participation of my child

_____ in the program pursuant to these terms and conditions.
(child's name)

(Parent/Guardian Signature)

(date)